

# THE DEEPER STUDIES

# *Meditation & Yoga*

## **Book List**

- **Required Reading** Students are required. To purchase books.
- *Kripalu Yoga On and Off the Mat* by Richard Faulds
- *The Breathing Book: Vitality and Good Health through Essential Breath Work* by Donna Farhi
- Anatomy Book to be Determined

## **Recommended Reading**

*Your Body Your Yoga* by Bernie Clark

*Your Spine Your Yoga* by Berne Clark

*Your Upper Body Your Yoga* by Bernie Clark

*Myths of the Asanas: The Ancient Origins of the Asanas* by Alana Kaivalya

*The Practice is the Path* by Tias Little

*Teachings In Silence* by Dr. Awatramani

*Meditations form the Mat* by Rolf Gates and Katrina Kenison

*Mudras - Yoga in Your Hands* by Gertrud Hirschi

*Awakening the Spine* by Vanda Scarvelli